

Early Childhood Center NEWSLETTER

Onaabani-Giizis (March)

Hard Crust on the Snow Moon

SPECIAL POINTS OF IN- TEREST:

- **Spring Break:**
March 29th-
April 2nd. **Back
on April 6th
(Tuesday)**
- **Sewing every
Wednesday at
5pm (FUN)**
- **SUGAR
BUSH!!!! Call
779-5030 ext 253
if interested in
helping.**

INSIDE THIS ISSUE:

Classroom updates

**ECC & Community
Events**

Ojibwe Words

Diarrhea.....

Maple Syrup Story

De-Stress

Job Postings

Policy Council Minutes

ECC Menu

Meet the Family Service Team!!

Ever wonder what Nicole Boyd, Patt Kenote-DePerry, Maureen Ekelund and Krystle Topping are doing around the ECC?? "They are the Family Service Team!"

This team is part of the Early Childhood Center program that provides assistance to families in finding resources, setting goals with families and helping them meet their goals. We can help you complete job applications, college applications, FAFSA's, find daycare providers, find a new car, get information regarding health, help you plan a family trip, learn to budget money, find resources for buying/building a home, get your drivers license, get a new job,

help install and get new car seats, just about ANY-THING! Just ask! Many of the ECC families completed a Family Partnership Agreement toward the beginning of the school year-this helps us know what your family goals are. Throughout the school year we send home numerous flyers, event posters and information regarding what you have stated on this form. We hope this has been helping you all!



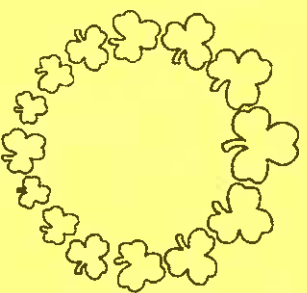
The Family Service Team will be using a new tool to gather this information; it is called the "Family Map Interview". This interview will take place in your home with one or two of the team members. It takes about one hour and asks questions regarding education, health, home environment and other areas. It is a volunteer interview and we will be starting with Head Start families. The information gathered will provide us with a summary and a plan that will help us work together to meet your goals. If you have any questions about the Family Service Team, please call Nicole, Family Services Manager, at 779-5030.

Reminder to ECC Parents:

All ECC classrooms begin their day at 8:00am and end at 2:00pm. It is important that your child is here on time in the morning so that their day goes well and the other children's day goes well!

If your child is not here by 9:00am,
they will not be expected for that day.

Please call the ECC if your child will not be in for the day!



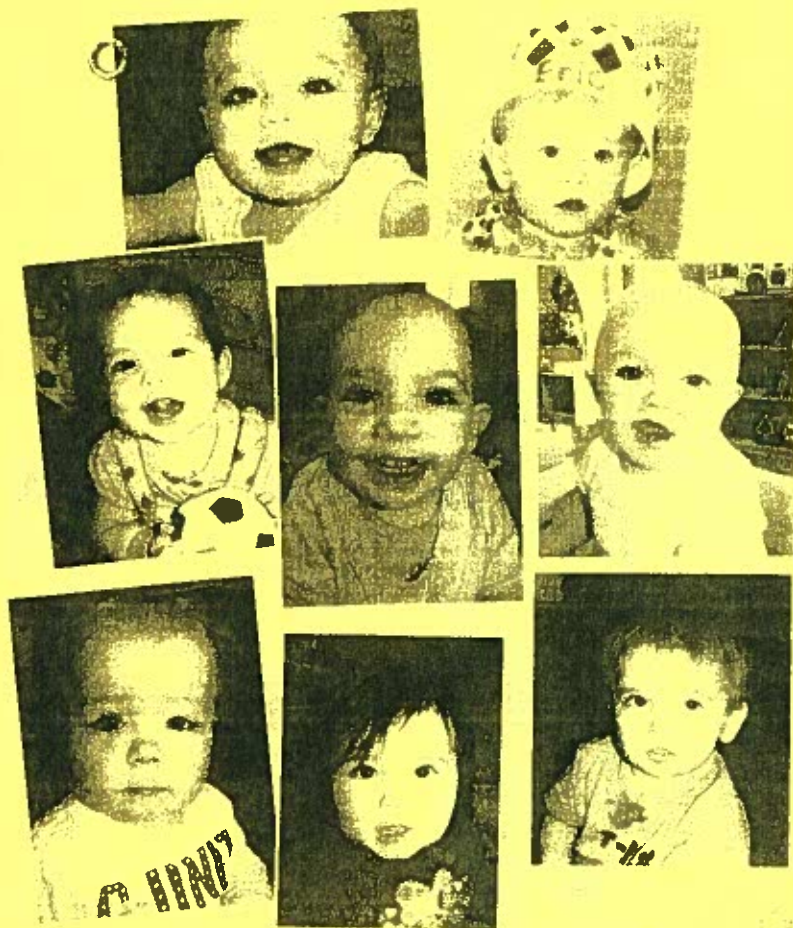
ECC and Community Events

Onabani Giizis-March 2010

Hard Crust on the Snow Moon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tribal Council Mtg-6pm	2 Language Table 5:00pm	3 Story hour @ Bayfield Library 10:00 am	4	5 Ask Lorie: 9-10	6 Storytelling @ UVWS 9:00am
7	8 Policy Council Mtg-9am Breastfeeding Support Group 10am	9 Language Table 5:00pm	10 Story hour @ Bayfield Library 10:00 am Sugar Bush Planning- 5pm Sewing-5pm	11	12 <i>Home Base Play Day 10am</i>	13
14 Daylight savings: turn clocks ahead	15 ECC Bad Hair Day	16 ECC Hat Day	17 Wear Green Day Story hour @ Bay- field Library 10:00 am Sewing-5pm	18 ECC Pajama Day	19 Ask Lorie: 9-10	20 <i>Northland College Pow Wow</i> Child Find at Great Lakes Visi- tor Center
21 Northland College Native American Awareness Week!	22 Breastfeeding Support Group 10am	23 Tribal Council Mtg- 4:30pm Language Table 5:00pm	24 Story hour @ Bayfield Library 10:00 am	25 Tentative Sugar Bush Family Day-10am @ Marvin's House	26 Ask Lorie: 9-10	27
28	29	30	31			

Spring Break-Back on Tuesday, April 6th



Open and Shut Them

Open and shut them
Open and shut them
Give a little clap, clap, clap

Open and shut them
Open and shut them
lay them on your lap, lap, lap

Creep 'em, Crawl 'em
Creep 'em, Crawl 'em
Right up to your chin, chin, chin

Open up your little mouth..
But do not let them in.

W A B O O Z

Maddox: I can pull myself up and stand.

Isaiah: I can walk backwards and kick a ball.

Eric: I can clap while standing alone.

Sebastian: I can get my bib for lunch.

Isabella: I crawl all over and enjoy eating new foods.

Aura: I can wave bye bye.

Victoria: I can pull myself up and play with the kitchen stuff.

Stella: I can crawl around the room and loves music.

REMEMBER

- *Extra Clothes
- *Mittens, hats,
snowpants, etc.
- *Well Child Visits
- *Dentist

Teresa, Karen and Chelsea

Amik Room

What we have been up to

We been having a great time as you can see we stay very busy. We are working on a lot of different things like:

Social/emotional development—using our words and getting along with ours friends

Large Motor—Dancing, playing outside and in large motor room as well as PowWow

Fine motor—twisting, turning, stacking, and beading

Cognitive—pretend play, colors, and sitting listening the stories

Really too much to

write down your children are learning right now even some are going potty on the big potty COOL

Parents you are doing a great job getting the children here, completing all the paper work, being understanding when we must call you for early pick up or anything else that the Early Childhood Center requires for care of the Amik Children.

MIIGWETCH

Remember we do go outside when warm enough!

~Linda and Corky~



Amik Class:

- Amos
- Ava
- Brian
- Benjamin
- Walter
- Myla
- Malayah

Other words we are using in the classroom

Amik's at Work

More photos

Photo

Photo

Photo

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Makwa Room

Wow, we are already into the month of March! Parents: just a reminder to please make sure your child has at least two sets of extra clothes. We have been going outside daily, weather permitting, so please have your child dressed appropriately for the weather.

We would also like to welcome Ms. Caitlin Gorman as our new teacher. She will be replacing Mr. Fred. We will miss Mr. Fred but are also excited to have Ms. Caitlin in our room. Please give her a great welcome!

During the month of February, we had Mr. Jay come in on Wednesdays to teach us some ojibwe language. Here are some of the words your child is learning:

Boozhoo Hello
Gigawaabamin see you later
Namadabin Sit
Bizindan listen carefully

During this month we will be working on using a knife to spread butter or peanut butter on our toast. We will also be working on pouring from a pitcher, sorting, cutting, shape recognition and counting.

Parents: Please remember that if your child is not here by nine o'clock, we won't expect your child unless you have called. Also, if you and your child are running late, please make sure your child is fed.

Spring Break March 29th thru April 6th

If you have any questions or concerns, please feel free to contact us. 779-5030 ext. 244
Thanks Jamie and Caitlin



ESIBAN CLASSROOM NEWS



We have been going outside more since the weather has been nicer.

Please bring in some extra clothes to keep in the classroom.

Potty training has been going really well also!!

Ojibwe words we are using in the classroom are:

Sit-Namadabin

Walk-Bimose

Please-Daga

Milk-Doodooshaaboo

We are also working on colors and animals

Black-Makade

Red-Miskwa

Purple-Dibikgogizik

Green-Ozhaawashkwa

Bear-Makwa

Dog-Animosh

Fish -Giigoo

Eagle- Migizi

Call anytime you would like to speak with one of us: 779-5030 ext 241

Nadine, Amber

Boozhoo,

Its cabin fever time, the children are excited to go outside every chance they get. The weather has been great for us. The children have been climbing the huge mountain in the parking lot, and are having a blast. The snow really excites them.

When we are indoors, the Migizi room is working on new Ojibwe words to our vocabulary. Here are some of the words that we are adding:

Bizindan - listen carefully
Bizaani-ayann - be quiet
Namadabin - sit
Aaniin - What's up?
Nimino-ayaa - I'm fine

Also, in the classroom the children have been working hard on their letters and their numbers. We are now working on the letter Nn, and working on numbers 1-15, in English and Ojibwe. The Migizi Room is also working on safety rules and safe touches. The children love the games that are played while learning the safety rules, such as , not to take candy or toys from strangers.

We are also working on a new science project every Thursday. The children learned how to make homemade butter, and had a great time shaken the whipped cream.

In March will bring the melting of the snow and with that the children will be taking walks to find new animal prints for some of our science projects. We are looking forward to be able to do this.

Ms. Diann, Ms. Patsy, and Ms. Tracy

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Ma'iingan Room News

Onaabani Giizis—Crust on the Snow Moon



We are learning about engineering and construction right now and we will be blasting off into outer-space very soon!

Boozhoo! We are enjoying the great weather during this season and we still need to bring our cold weather clothes. Some of our children are missing out on some fun by having cold hands, cold ears, or not having snow pants that fit. Please send your child with proper outdoor clothes so that we can have lots of fun!!

We have some snowshoes and the children love to try them on! We will be snowshoeing as much as we can until the snow melts away! Hopefully the snow melts soon and we will be off to the Sugarbush!!

We have started the Second Step curriculum and are working on identifying our feelings and the feelings of our friends!

Giigawaabamin Miinawa!

~ Mr. Reggie, Ms. Barb, Ms. Julie, and Ms. Alicia ~

Aagimaak is the Ojibwe word for snowshoe!

Mashkodebizhiki Room

Boozhoo. Wow, this last month brought with it quite a few changes. First we moved from part day to full day and added in a rest time. We were very surprised to find that everyone welcomed it with open arms. The kids seemed to be very refreshed and happy when they woke up. We also had a temporary staff change in the room. Ms. J has gone in to help the Maingan room while Ms. Alicia goes on maternity leave. We will miss her for a few months but we get to see her outside everyday. Auna Bresette is filling in for Ms. J. and we are excited about that.

We have just started a unit on space and the kids are having a great time with it. We have even blasted off on an adventure in space. We have such creative and imaginative kids.



We are beginning to work on tracing and writing our names. The kids get really excited when they are able to write the letters in their names. You can help support your child in their endeavor by encouraging them to write letters and letter shapes at home. Even drawing things as simple as straight lines and circles help develop writing skills. Another way to help them begin to further develop their language is to continue to read stories to them and allow them to “read” a story to you.



We are focusing more on our everyday Ojibwe words and phrases in our classroom. The following are what we will be focusing on in March.

- Taking English versions of hello, see you later and thank you out of our daily usage and replacing them with boozhoo, gigawaabamin and miigwech.
 - Bizindan—listen carefully.
 - Ambe omaa—come here
 - Aaniin—What’s up? / How are you?

Miigwech to everyone for sending snow pants, winter boots, warm gloves and hats everyday. It makes outside time much more enjoyable when everyone is warm and having fun.

Another miigwech to everyone who kept their children home when they were sick or not feeling well. It helped keep the rest of the class and the teachers a bit healthier.

We hope everyone enjoys March. Remember, you are welcome to stop by for a visit any time. We would love to have some visitors. We also look forward to seeing everyone for parent teacher conferences the week of March 22nd.

Virginia, Auna and Jenn



AGONGOS NEWS

Home Base Chipmunks

Happy Birthday to:

Kya Peterson **March 28th**
Aiyanna Gordon **March 12th**

Mark your Calendars

March 12th 2010
Home Base Play Day

THINK SPRING

Reminder

Spring Break approaching fast
Early Childhood center will be

CLOSED

March 29th thru April 5th.

Phoebe Hyde
715-779-5030
ext. 236

Cindy Garrity
715-779-5030
ext. 238

Spirit Heart Program



Spirit Heart will host another 6 week Prenatal/Newborn Parenting Group with Sue Marincel Starting March 17th....all candidates "must" be enrolled in the EHS Program, Center or Home Based. Either prenatal or have a newborn up to 3 months old.

Please call, Spirit Heart Director: Kathy Barri 779-5030 ext. 237

If you are interested

1 tablespoon of maple syrup=
40 calories!

Is your family interested in Sugar Bush??

Sugar Bush Sign-Up!
Sugar Bush Sign-Up!
Sugar Bush Sign-Up!
Sugar Bush Sign-Up!
Sugar Bush Sign-Up!
Sugar Bush Sign-Up!



Want to learn how to tap a sugar maple?

Collect sap?

Boil down to syrup, make sugar or candy?

Join us on the “non-scheduled” Sugar Bush days!!

We need lots of family help this year!

Please call Nicole (ext 253) or Nicky (ext 243) at 779-5030 to sign up or get more information.

We will be having a parent planning session

Lets have some FUN.....

March 15th: Bad Hair Day



March 16th: Hat Day

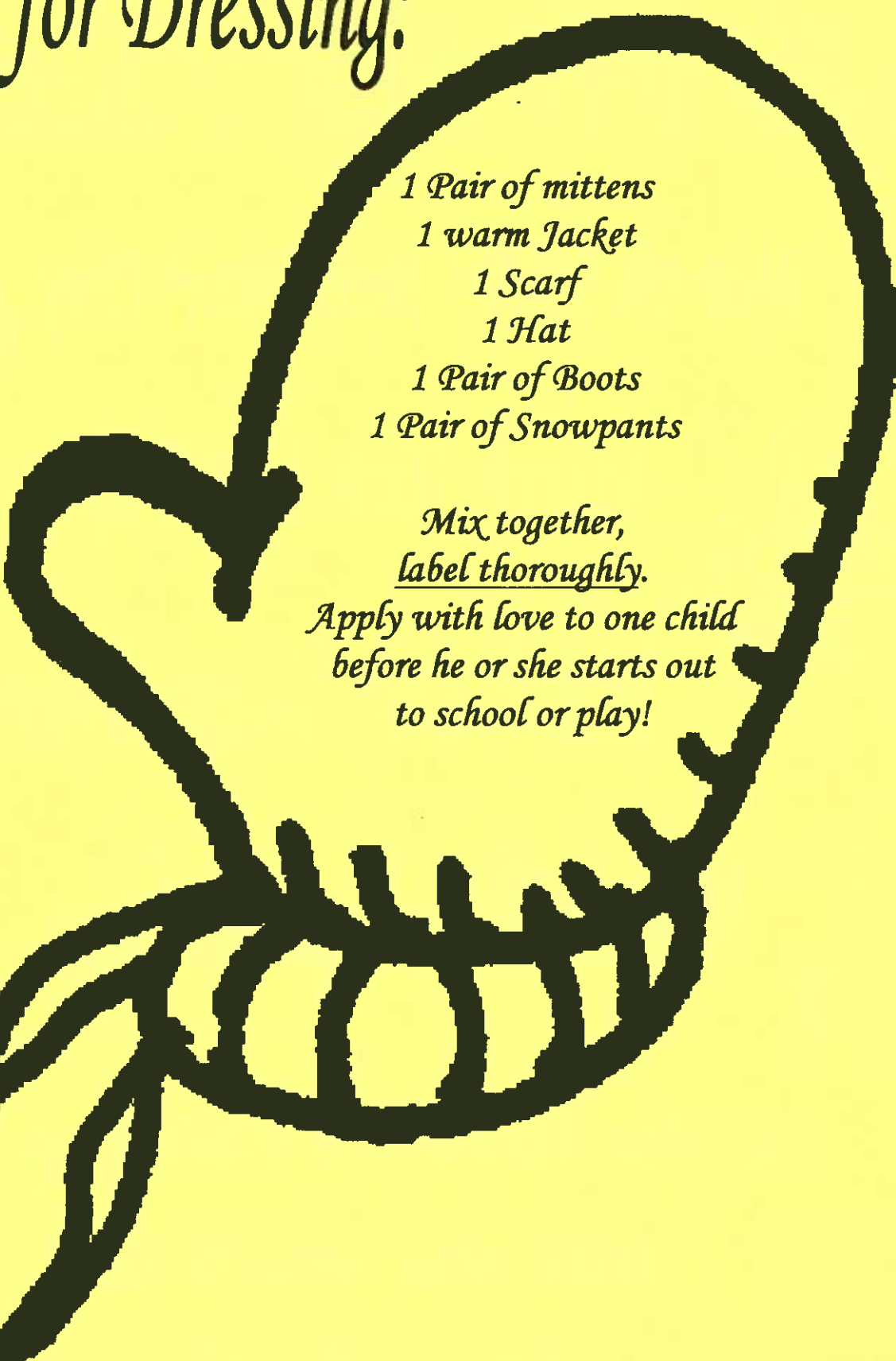
March 17th: Wear Green Day



March 18th: Pajama Day

Cabin fever is setting in
and we want to
have FUN!!

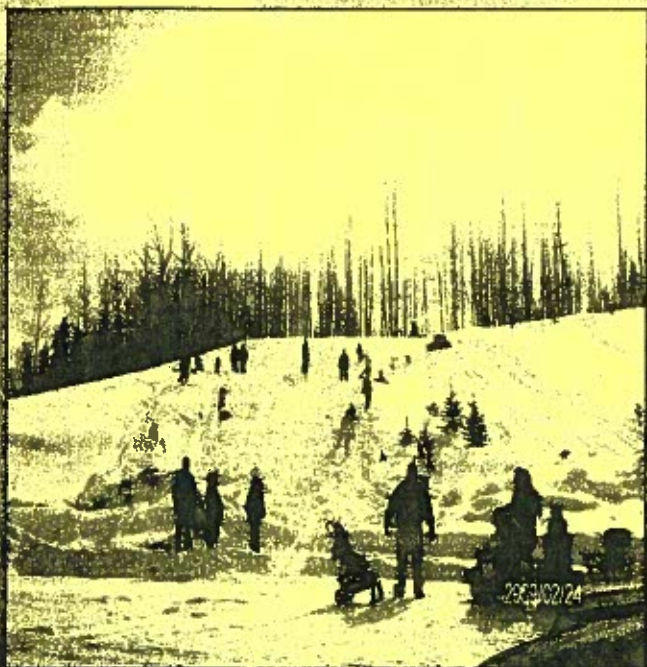
Recipe for Dressing:



*1 Pair of mittens
1 warm Jacket
1 Scarf
1 Hat
1 Pair of Boots
1 Pair of Snowpants*

*Mix together,
label thoroughly.*

*Apply with love to one child
before he or she starts out
to school or play!*



ECC FAMILY SLIDING

AT THE GRAVEL PIT ON HWY 13

FEBRUARY 2010





Ask Lorie!

Lorie Erickson, our Early Childhood Special Education teacher from the Bayfield School, has found one precious hour to be at the ECC each Friday from 9:00 to 10:00am, starting Friday, March 5. Lorie will be available to parents, families, and teachers and will answer questions about Special Education Services. To chat with Lorie, stop by the ECC and ask for her at the office.



88385 Pike Rd, Hwy 13 • 89830 Tiny Tot Drive
Bayfield, Wisconsin 54814 • (715) 779-5030 • FAX (715) 779-5046

2/17/10

Dear Parent/Guardian:

Several ECC children have been found to have diarrhea over the last week.

To protect your child and family from diarrhea, wash your hands frequently, as we do at the Center. Do not share drinking glasses, eating utensils, cups/bottles, etc.

If your child or another family member has diarrhea, provide lots of water to replace what is lost in the diarrhea.

If you have specific questions about your child, please call your healthcare provider. As it states on the attached sheet, your child must be diarrhea-free for 24 hours before your child can return to the ECC. Thanks so much for your understanding.


Sue Pillinger

Health Manager

2/17/10

Dear Parents/Guardians:

If your child has diarrhea, please keep him/her home until s/he has had
-hours that are diarrhea-free!!! That's right-- diarrhea-free hours.

Here are all the things that can be spread to other children and adults through
diarrhea:

1. Diarrhea of unknown origin (lab tests recommended)
2. Amebiasis
3. Campylobacter
4. Clostridium difficile
5. Cryptosporidium
6. Giardia
7. Norwalk virus
8. Pinworms
9. Rotavirus
10. Salmonella
11. Yersinia

Believe me, you do not want your child to get or spread any of these things!

Please keep your child home when s/he has diarrhea.

Thank you!!!

From ECC Staff and the Health Advisory Committee

7 Best Ways to Keep your Family Healthy:



- 1.Wash Your Hands**
- 2.Teach everyone to use tissues**
- 3.Teach your kids NOT to share**
- 4.Brush up on bathroom etiquette**
- 5.Keep the kitchen clean**
- 6.Attack allergens**
- 7.Pay attention to the play room**

Healthy Home=Happy Family!

Child Wellness Days

March 20, 2010

Northern Great Lakes Visitor Center

10:00-3:00

**For ALL infants and children in the Bayfield County &
Ashland School District Area who are
Birth to 5 years of age**

Child Wellness Days is a chance to:

- **Bring your child to play with other children**
- **Receive information on General Child Development**
- **Become aware of community activities and resources available for families with young children**
- **Give you a sense of how your child is developing**
- **Get great ideas for activities to do with your child**

Events happening throughout the day:

Children's Stories 10:00-12:00

Native American Drumming 11:00

Smokey the Bear 12:00-1:00

Children's Stories w/ Grandma Goose 1:30-2:30

****All children receive a goody bag and refreshments available****

For more information- please call your local school district

Ashland - 682-7080

Red Cliff Head Start 779-5030 X 255

Washburn - 373-6199 x 232

Bayfield - 779-3201 x 313

Family Forum Head Start 682-5035

Drummond 739-6231 X 306

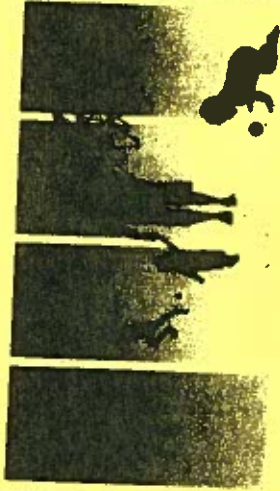
South Shore - 715-774-3500

Bayfield Head Start- 779-5589

Maple 715-364-8465

This event sponsored and in collaboration with School districts of Ashland, Washburn, Bayfield, and Drummond, Red Cliff and Family Forum Head Start. Ashland and Bayfield County Birth to 3 programs, Our Lady of the Lake School

Child Find



Child Find is a component of the Individuals with Disabilities Education Act (IDEA) that requires states to identify, locate, and evaluate all children with disabilities, ages birth to 21, who are in need of early intervention or special education services.

Child Find procedures and activities should be coordinated across agencies serving infants and children, as part of an Informed Referral Network.

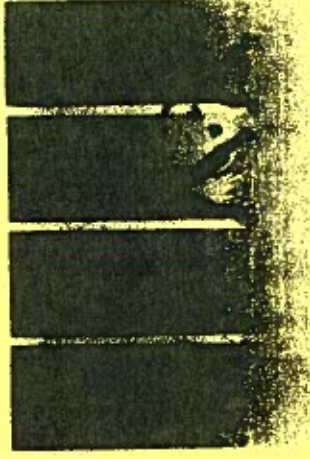
A comprehensive Child Find system includes the following elements:

- Definition of Target Population
- Public Awareness
- Referral and Intake
- Screening & Identification
- Eligibility Determination
- Tracking
- Interagency Coordination

For information on Child Find, see:

www.cesa6.k12.wi.us
www.dpi.wi.gov/ec/eccfpage.html
www.collaboratingpartners.com
www.waisman.wisc.edu
www.childfindidea.org

Child Find



**"MANY THINGS
CAN WAIT.**

**CHILDREN
CAN NOT."**

Bayfield County Child Find
March 20, 2010

Gina LaGrew 779-5030 Ext. 255
Lorie Erickson 779-3201 Ext. 105

www.cesa6.k12.wi.us
www.dpi.wi.gov/ec/eccfpage.html
www.collaboratingpartners.com
www.waisman.wisc.edu
www.childfindidea.org

PRE-SCHOOL SWIM LESSONS at the Bayfield Recreation Center



Start your young child on the path to swimming!

Water Babies/Little Fish and Big Fish classes follow the basic outline of the Red Cross Parent and Child Aquatics Program. Developed for children 6 months to 5 years of age, these classes build swimming readiness by emphasizing fun in the water.

Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Each child must be accompanied by a parent or other adult in the water.

5:30-6:00 pm Water Babies/Little Fish Introduction to the water for 6-24 month olds using relaxation techniques, play and games that promote basic water skills

6:00-6:30 pm Big Fish For children 2-5 years old. We will use games, songs, our learning platform, and parent/child partnerships to develop swim readiness skills.

A parent must accompany the child in the water!!

4 classes over 2 weeks
Tuesdays, Thursdays

\$19 members, \$24 non-members
March. 9, 11, 16, 18

Call 779-5408 to reserve a spot

Here are some tried and true tips to get stress relief:

1. **Exercise.** "Run, do some yoga, punch a bag at the gym," advises Charles Goodstein, MD, clinical professor of psychiatry at New York University School of Medicine in New York City and president of the Psychoanalytic Association of New York. Exercise is a way to manage stress that doesn't have to add to your financial woes. For example, a 20-minute walk or jog around your block can yield up to 12 hours of improved mood. The main thing is to find a physical activity that you enjoy, whether it's dancing or fly fishing.
2. **Laugh.** Laughter really is the best medicine. It is proven to lower tension, and at the same time, improves blood flow and the health of your heart. Rent a funny movie or hang out with that wannabe-comedian pal, and forget about your worries for a while.
3. **Write.** Dedicating a period of time every day to write about a situation that is bothering you may reduce tension and give you stress relief for the rest of the day. Keeping a journal can also help you solve problems or find positive angles amongst the stressors.
4. **Socialize.** Spending time with friends and family who give you a sense of belonging, purpose, and fun may provide all the stress relief you need.
5. **Take care of yourself.** When tension spikes, it can be tempting to put yourself last — but prioritizing healthy eating, physical activity, relationships, and sleep is necessary if you want to avoid making your stress worse.
6. **Get some fresh air.** If you are cooped up inside all day, take a few minutes to get outside and see the sun. A little time in the great outdoors can improve your mood and help you relax.
7. **Be kind to yourself.** Think about positive affirmations daily. Thinking negative thoughts only makes you feel bad and will increase stress. Tell yourself you are doing a good job, and believe it!
8. **Meditate.** Practice deep breathing and meditation exercises daily, and when you feel tension rising.
9. **Be thankful.** Showing thanks for your family, friends, and loved ones and being thankful for the positive aspects of your life has a calming affect. Not only does it give you perspective, it makes other people feel good, too.
10. **Make a change.** Sometimes the best way to obtain stress relief is to remove your source of tension. "For example, if you are in a job working at a certain pace in an environment that is objectively painful because of your boss, coworkers, and so on, and you're doing it because you can earn 10 percent more money than doing something else, you could calculate that you might be better off doing something else," says Dr. Goodstein.

4th Annual Family Power Day



*We are combining networking, education, person-centered planning, incredible positive thinking and reachable possibilities into a powerful package (while your kids have fun). **Change your life. Come join us.***

"Growing Power"

Thinking Inclusively in Everyday Life

Sunday, April 18th AmericInn's Splashland, Ashland

- | | |
|-------------|---|
| 9:00-9:15 | Registration & Kids connect with volunteers |
| 9:15-11:30 | Coffee and Conversation World Café
featuring purpose in our lives, hope in our community,
vision for our future and our kid's futures |
| 11:30-12:15 | Lunch |
| 12:15-2:00 | Planning our Positive Power—Don't Leave
Home Without It. |

Facilitators: Cindy Kernan, Wisconsin Self-Directed Network
Deb Wisniewski, from Sharing Ground
Deanna Yost, New Horizons North

Registration Form on Back. Deadline April 9th, 2010.

Event sponsors: ABC Family Resource Center, Ashland County Health & Human Services, Iron County Health & Human Services, Bayfield County Department of Human Services, Lifespan Respite/New Horizons North, North Country Independent Living, the Waisman Center/Pathways to Independence grant

Family Power-Day!

Registration—First Come-First Serve

Cost per person \$15. Cost per family: \$25.

Includes lunch, snacks, materials, wrist bands.
Scholarships available to all who call by April 9th.

Name(s): Please register all family members and providers attending:

_____ ☐ Parent/Guardian Address: _____
_____ ☐ Parent/Guardian Phone: _____
_____ Age: _____ ☐ Child care needed ☐ One on one needed
_____ Age: _____ ☐ Child care needed ☐ One on one needed
_____ ☐ Family found provider

Families are encouraged to bring own providers. Volunteers will be matched with those who do not have helpers. Special notes regarding care. Use more pages as necessary.

Send this form to:

Deanna Yost, New Horizons North
Family Power Day
514 West Main Street
Ashland, WI 54806

Or email: dyost@nhnorth.com
Fax to: 715-682-7176
Or call to register
@ 682-7171 or
1-888-474-0217.

Agency only:

Registered on _____ Assigned to : _____

SMILE SAVERS

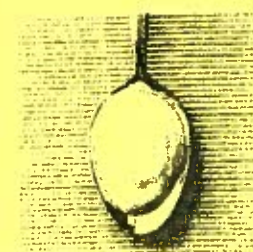
Brushing, flossing, and eating right keep your teeth strong—and promote overall health.



Make it tea for your teeth Fruit drinks, sodas, and citrus juices (like orange) have sugar and acids that wear away tooth enamel. The better dental choice—as safe as just plain water—is tea without milk, lemon, or sugar.



Listen to your hygienist In a two-week study of identical twins—one brushed and flossed, the other simply brushed—flossers developed significantly less plaque-causing bacteria than their brush-only siblings.



Spoon up some culture In a new study, people who consumed at least 1/2 cup of yogurt or a lactic acid drink every day were less than half as likely to have serious gum disease. The magic ingredient? Probiotics, researchers believe.



Get plenty of fruits and veggies The higher your consumption of folic acid from food (produce is a great source), the lower the risk of developing gum disease, research shows.



2 TWOFERS

With these, you burn calories *and* curb hunger

Cardio before meals An aerobic workout cuts your hunger by lowering levels of ghrelin, an appetite-stimulating hormone. Count on about two hours' benefit, including workout time. Weight training helps, too, but not as much. Not exercising at all leaves you hungriest.

A short walk In a "gotta have chocolate" mood? Hit the sidewalk for 15 minutes. The walk will cut calories and—a study of chocolate lovers showed—curb your cravings as well.

Medicine Chest Must-Haves

These two can be lifesaving while you're waiting for the ambulance to arrive.

Aspirin Aspirin, also known as acetylsalicylic acid, can help prevent heart disease and stroke.

First Aid Kit A first aid kit is essential for any household.



Aspirin
acetylsalicylic acid
200 Tablets

Manage TV

Set a rule—**and follow it**—and you'll be able to control the amount of TV your child watches.

Set a rule—**and follow it**—and you'll be able to control the amount of TV your child watches. Set a rule—**and follow it**—and you'll be able to control the amount of TV your child watches. Set a rule—**and follow it**—and you'll be able to control the amount of TV your child watches.

Set a rule—and follow it

Set a rule—**and follow it**—and you'll be able to control the amount of TV your child watches. Set a rule—**and follow it**—and you'll be able to control the amount of TV your child watches.

Keep containers in the kitchen

Keep containers in the kitchen. Keep containers in the kitchen. Keep containers in the kitchen.

Explain the issue

Explain the issue. Explain the issue. Explain the issue. Explain the issue. Explain the issue.

Encourage ad-free entertainment

Encourage ad-free entertainment. Encourage ad-free entertainment. Encourage ad-free entertainment.



Raise a Bookworm

Keep reading—together. Even if your kid can breeze through the Percy Jackson series solo, reading aloud can expand her vocabulary, and your conversations can help her understand and enjoy more. "This is how you can raise a confident, lifelong reader," says Diane W. Frankenstein, author of *Reading Together: Everything You Need to Know to Raise a Child Who Loves to Read*. Yet the number of kids who are read to every day drops significantly at age 9, reports a recent Scholastic study. So, regardless of your child's age or comprehension level, continue the read-together ritual. Maximize your time with these three strategies:

Pick on-par books Shelve books that seem way over his head. It's tempting to push his literary limits, but the goal is understanding and enjoyment.

Listen to audiobooks It's not cheating, really; it's a terrific way to engage kids in a good yarn. Press "Play" during car rides or after dinner.

Revisit favorites A second read is a great chance to discuss subtleties and encourage him to move beyond just the plot. —Laura Hahn



As an 8-month-old, your child ate mashed peas and carrots by the mouthful. But now that she's a toddler, she's staging a vegetable strike—and would happily eat grilled cheese at every meal. How did mealtime go from a cute mess to an epic battle?

"Pickiness usually starts around 18 months and can last well into the school years," says Jennifer Shu, M.D., a *Parents* advisor and coauthor of *Food Fights*.

"It's a time when kids tend to form their own likes and especially dislikes."

The best way to expand your child's palate? "Get her involved in meal decisions—at the market, in the kitchen, at the dinner table," says Amy Hendel, author of *Fat Families, Thin Families*. You can also be more playful with your food prep, hide veggies in foods she likes, and more. Since there are many types of pickiness, you'll need to figure out what works for your child. The key: Keep trying.

8 Rules for Dealing With a Kid Who's Fussy About Food

1. Don't battle him "picky." This is waving the white flag, and it reinforces his stubborn, attention-getting behavior.

2. Give your child choices. Asking "Would you like raw or cooked carrots?" makes him feel more invested in the meal.

3. Offer substitutions. Serving your child something else will make her hold out longer next time to get what she wants.

4. Make him eat what he's asked for. He must take one bite, but after that he may say, "No, thank you" to more.

5. Avoid bribes and rewards. If you offer chips or a sweet for trying a food, your child will expect a reward every time.

6. Hide veggies in foods he likes. Add pureed veggies to spaghetti sauce your child likes. Then let her know she's eaten them and "survived." Gradually make the puree chunkier.

7. Don't expect perfection. You've got to set a good eating example. After all, you can't snack on corn chips and expect your child to munch on baby carrots.

8. Try to be a competent parent. "It may take 15 times before she'll try a food and maybe even like it," says Dr. Shu.

10 Healthy Food Ideas Your Child Might Love

1 Fruit Parfait

6 Blind Taste Test

2 Smoothie

7 Quickie Pizza

3 Extraordinary Eggs

8 Homemade Fruit Pops

4 Veggie Tie-Tie-To

9 Waffle Fries

5 Pepper Snow

10 Frozen Fries

5 Kitchen Skills Toddlers Can Learn

• Tearing lettuce • Grating a hard-boiled egg • Washing fruit • Humming while you dice • Measuring ingredients

By Jennifer Shu, M.D., and Amy Hendel

ABC FAMILY RESOURCE CENTER



210 MacArthur Ave Ashland, WI 54806 715-682-2540 abcfr@centurytel.net

MARCH HAPPENINGS

The Family Resource:

- Family fun
- Parenting help and information
- Drop-in times
- Support

Hours

Open for drop-in
Tuesday - Thursday:
11 am - 5 pm
Phone calls only:
Monday & Friday

Family Fun

Family Music Night

Monday, March 16th
6 - 8 pm

An evening of music making for everyone.
Sign up by March 10th.
Snacks provided.

ABC Family Resource Center

Laugh & Learn

Making Texture & Ziplock Books

Saturday, March 20th
10:30- 11:30 am
Make and take a sensory book for your child.

ABC Family Resource Center

Laugh & Learn

Drum 'n Dance

Thursday, March 4th
10:30 - 11:30 a.m.
Make noise and dance to it!
Washburn Public Library

Groovy Green Food

Friday, March 5th
10:00 - 11:30 a.m.
Be Irish for a day and make and eat green food!
ABC Family Resource Center

Interactive Story Telling with Mr. Mitchell "Kites"

Thursday, March 18th
10:30 - 11:30 a.m.
Washburn Public Library

Workshop

Baby Signs

Thursday, March 11th
11 am - 12 pm
Learn to communicate with your baby before your baby can talk.
Call Cookie for more information.
ABC Family Resource Center

Parenting Class

Parenting in Blended Families

Mondays, March 8th, 15th, 22nd, 6 - 8 pm

A parenting class designed to help parents, stepparents, or significant others deal with challenging issues like forming a new family, communication, loyalties, discipline, and power struggles. Sign up by March 2nd and let us know if you will need childcare assistance.
Call Jan or Gayle for more information.

ABC Family Resource Center

Conscious Fathering Class

Tuesday, March 9th
6:30 - 9:00 p.m.

Dads specially invited to learn and practice ways to take care of their baby's physical and emotional needs.

Moms are welcome too!
Washburn Public Library

How to ease your child's cold

Colds may be common, but that doesn't make caring for your baby or toddler's cold easy. To help your little one feel better, check out what you need to know about cold relief.

What are colds: The common children's cold (aka the sniffles) is a viral infection of the upper respiratory tract that usually lasts a week or two. Most kids under three catch at least eight colds a year (and you thought your child was the only one!) because of their still-developing immune systems.

What causes children's colds: Children's colds (like the grown-up variety) are caused by rhinoviruses (there are many different types) — contagious viruses that can live in the air we breathe or on surfaces. That means that if someone with a cold breathes on your child or sneezes on him, or if your child touches something that an infected person has touched, he'll likely get exposed to the cold.

What the symptoms are: While there are many cold symptoms, they usually tend not to be severe. They include:

- Congestion (runny or stuffy nose)
- Sneezing
- Sore throat
- Headache (and sometimes muscle aches)
- Mild fever
- Loss of appetite

How to offer cold relief to kids:

Clear the congestion.

For babies: Since babies don't know how to blow their noses, you can put saline nasal drops in your baby's nose to loosen clogged mucus. You may also want to use a suction bulb to gently extract excess mucus when needed (when you can see a big glob plugging up his nostril). Another cold-relief tactic for improving breathing: Raise the head of your baby's crib mattress by putting a couple of pillows underneath the mattress.

For toddlers: Keep the tissues handy and use saline nasal drops to help your toddler get rid of any crusty mucus that may be clogging his nostrils. If he's sleeping in a big-kid bed, offer him extra pillows to keep his head raised. Otherwise, prop up the crib as described above.

For both: You can also make breathing easier by putting a humidifier in your little one's room so the moist air can help reduce congestion. You can use a warm-mist humidifier for a nonmobile baby, but opt for a cold-mist one to keep your crawler, cruiser, or toddler safe in case he gets too close to it.

Fix the fever.

For both: There's no need to medicate every fever; a fever simply lets you know the body is waging war against an infection. But since that fever can make your child feel hot and bothered (and keep him from sleeping), you may want to put a cool compress on your baby's head and dress him in light, breathable fabrics. Also, ask your doctor if he or she recommends acetaminophen to lower the fever or ibuprofen (just remember that ibuprofen is not for children younger than six months).

Offer lots of liquids.

For babies under six months: Nurse or bottle-feed your baby often.

For babies over six months: If your little one is no longer exclusively on breast milk or formula, you can offer water, juice, Pedialyte, and, for those babies older than nine months, chicken soup without large chunks of food. (Chicken soup is more than just hydrating, by the way: Researchers say that the blend of nutrients in chicken soup may have an anti-inflammatory effect, which can ease swelling in the upper respiratory tract and relieve soreness in the throat. Plus, the warm broth and its soothing steamy vapors loosen the mucus that causes congestion.)

For toddlers: Your tot may not feel like drinking, but do your best to keep him hydrated since he may have lost extra fluids through fever — and if he's not eating well, he'll be missing the fluid contained in foods. Good hydrating choices: water, juice, Pedialyte, Popsicles, and chicken soup.

Avoid OTC meds.

For babies and toddlers: Both the Food and Drug Administration (FDA) and the American Academy of Pediatrics (AAP) strongly advise against giving over-the-counter cough and cold medications to children under the age of two. Studies have shown that these drugs are ineffective, and they can cause serious side effects. The AAP even supports extending the ban on these medications to kids under six, though that hasn't happened yet. In the meantime, the manufacturers of over-the-counter cough and cold medications are voluntarily changing their labeling to say that these meds should not be used in children four years old and younger. Bottom line: Skip these medications and offer your little one some extra TLC instead.

When to call the doctor:

If your **baby is less than three months old** and has a temperature of **100.4° or higher**, call the doctor immediately. A baby this young needs to be checked for serious infection or disease.

If your **baby is between three months and three years**, call your doctor if his temperature reaches **101.5° or higher**.

Also call if you suspect an earache or if you see that your child is in extreme discomfort, is very lethargic, has a seizure, has developed greenish-yellow nasal discharge or a phlegmy/wheezy cough, or is having trouble breathing.

How to prevent children's colds:

- The number-one way to prevent a cold is to wash your child's hands regularly (especially before eating and after using the bathroom if he's potty-trained) and teach hand washing basics. Can't get to a sink? Hand-sanitizing gels will do in a pinch.
- Stay away from other kids (and grown-ups!) with colds if possible. If you have a cold, wash your hands frequently to avoid passing it on.
- If your child is nine months or older, feed him some yogurt that contains probiotics (look for yogurt brands that contain "live, active cultures") every day. Or ask your pediatrician to recommend a specific probiotic brand for children. A recent study found that kids who took probiotic supplements had fewer cold (and flu!) symptoms.

TOPHEALTH®

The Health Promotion and Wellness Newsletter



Cottingham & Butler
CONSULTING SERVICES

MARCH 2010

MAKE EXERCISE FUN AGAIN!



When you were a child, exercise wasn't a chore. You ran, skipped and jumped because it was fun — not because fitness experts said you should. Do you need to recapture that magic?

✶ **Have a Ball.** If you once enjoyed sports, try more leisurely versions today. Toss a baseball or football with a friend. Kick a soccer ball around, play doubles tennis or shoot baskets.

✶ **Kid around.** Revisit favorite childhood activities such as roller skating, tossing a Frisbee or jumping rope. If you own a dog, go for a run in the park. Or try some tumbling with your children. It's great exercise and you may laugh a lot too —

which is good for your heart and lungs.

✶ **Head back to class.** Look at local gyms, fitness centers and studios that offer classes in aerobic dance, water workouts, tai chi, yoga and other exercises.

Idea: Check out exercise DVDs from the library.

✶ **Get down.** Whenever you work out, take your mind off your body with an absorbing mental task. **Thought starters:** Plan your next vacation ... memorize a favorite song ... try to recall the names of teachers, classmates and friends you had as a child.

✶ **Win prizes.** Reward yourself for reaching fitness milestones, such as miles logged, calories burned or pounds lost. You'll motivate yourself to stick with it.



UPDATE: Medications & Medical Emergencies

Taking too much of a prescription or over-the-counter medication can create a medical emergency. Overdosing on some drugs can cause dangerous blood pressure changes, permanent organ damage or even death.

✶ Accidental overdose is the leading cause of death in ~~children~~ under age 5, so keep all medications, supplements and vitamins in a high cabinet secured with childproofing devices. Do the same for mentally disabled adults.

✶ Many multi-symptom products contain painkillers, and ~~adults~~ sometimes overdose by taking more than one medication at the same time. The FDA is considering warning labels and reducing recommended dosages to address this problem. **Best practice:** Take medications only as directed, never take medications in the dark and don't share prescription drugs. Also, inform your doctor of any supplements you're taking and your level of alcohol use, as both can mix poorly with certain drugs.

✶ The average ~~adult~~ ~~adult~~ takes between two and seven prescription medications daily. Taking several drugs at a time can lead to confusion and accidental overdose. Pill boxes can help organize doses; some even have alarms as reminders. Stick to one pharmacy for all medication needs so they can track potentially dangerous interactions.

When in doubt: If you suspect an overdose, immediately call the poison control center at 1-800-222-1222 (keep the number handy). Depending on your circumstances, you may need to call 911 or go to an emergency room.

TOP TIPS

Did you know that multiple sclerosis (MS) can be tricky to diagnose because there is no single definitive test for it, and it's usually detected by a combination of MRIs and clinical syndrome.

MS can start as vague symptoms — fatigue, vision problems, tingling or dull pain and weakness or numbness in one or more limbs. In this chronic and unpredictable disease, the body starts to attack myelin (the nerves' protective covering), causing a communication breakdown between brain and body. Symptoms can vary from person to person (and over time), and other conditions, such as Lyme disease, can produce similar symptoms.

(continued on next page)

DR. ZORBA'S LONGEVITY CORNER

Eat, Drink and Be Merry? In a recent study, those who followed a Mediterranean diet had a 30% lower risk of depression. **Basic plan:**

- Eat lots of vegetables, fruits, nuts and whole grains
- Eat fish once or twice a week
- Eat meat in moderation



- Use olive oil to cook
- Limit alcohol to no more than one drink with food per day for women or two for men

TopHealth takeaway? Eat right for your body and your mind.

WELL CONNECTIONS: What kind of eater are you? Take a self assessment at www.personalbest.com/extras/marchwc10.



"You don't stop laughing because you get old. You grow old because you stop laughing." ~ Michael Pritchard

MS Primer ... *(continued)*

- 1 Early detection and treatment are important. MS can cause permanent neurological damage even in the early stages. Prompt treatment may alter the course of the disease.
- 2 Having a parent or sibling with MS increases your risk.
- 3 Symptoms can vary from mild to severe. A multi-pronged approach (including medication and rehabilitation) can help most people live long, productive lives.
- 4 The majority of people with MS do not become severely disabled.
- 5 Though viruses are being studied for their possible role in the development of MS, this disease is not considered contagious.

For more information, go to www.nationalmssociety.org.

GENE SCREEN. One of the latest fads is *do-it-yourself genetic tests* to assess your risk for certain diseases. But according to the Office of Public Health Genomics, it's unclear which, if any, of these tests actually provide any useful information — more research is needed to know for sure. **TopHealth takeaway?** Many of these tests are expensive, unregulated and unproven. Stick with well-established, doctor-recommended genetic tests.

Why Eat Seeds?

People have eaten this nutrition-packed food for centuries. Seeds contain fiber, protein, minerals and phytochemicals. While some people avoid seeds because of their fat content (and calories), the fats they contain are actually a healthy variety.

Which seeds are best? Popular choices include sesame, sunflower and pumpkin seeds. Sunflower seeds are rich in vitamin E, a nutrient

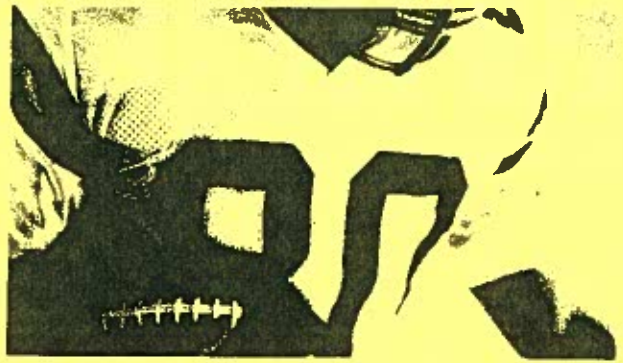
that may deter certain cancers yet is lacking in many Americans' diets. **Good to know:** A handful of sunflower seeds contains nearly a full daily RDA of vitamin E.

How should I add seeds to my diet? Sunflower and pumpkin seeds are often sold as snack foods; choose varieties low in added fat and salt. Whole seeds can be added to salads or used as toppings for bread or other dishes. When ground, seeds can be added to soups, cereals, batter, smoothies, meatballs and burgers. **Good to know:** Ground flaxseed can substitute for a portion of fat or oil in baked goods recipes.

How should I prepare them? Roasting enhances flavor but depletes some of the oils. Avoid this by cooking seeds at low heat for only 15 to 20 minutes.

Bottom line: As with any food, check the nutrition label for calories per serving size and plan accordingly.

WELL CONNECTIONS: Take a QuikRisk™ Self Assessment at www.personalbest.com/extras/marchwell.



TERM TO KNOW: Cumulative Head Trauma

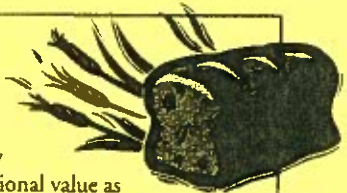
Concussions commonly result from falls, collisions or a hit to the head while playing sports. Ninety percent of these are "mild," with a brief alteration in mental functioning and no loss of consciousness. The symptoms are often so fleeting that many victims don't even realize they've had a concussion. But several mild concussions sustained over months or years can lead to more serious health concerns and neurological problems. Multiple concussions can also lead to problems such as learning disabilities, attention deficit, memory loss and depression that may not become evident until much later.

How to protect yourself from head trauma:

- During contact sports, wear a high-quality protective helmet that fits properly.
- Avoid "head-butting" moves in sports.
- Don't return to play until a head injury has been assessed by a medical professional and you are symptom-free.
- Know the early symptoms of concussion: headache, dizziness, nausea or vomiting, disorientation, slurred speech, and imbalance or lack of coordination. Anyone who has lost consciousness or experiences symptoms for more than 15 minutes should be evaluated by a doctor. Worsening symptoms require that you seek immediate medical attention.

BETTER WHITE BREAD. If you want the nutrition of whole-wheat bread without the heavy flavor, here's some good news:

White whole-wheat foods are now available and have the same nutritional value as whole wheat but taste more like traditional white-flour products. When buying bread, check for 100% whole wheat on the label — or at least whole wheat or white whole wheat as the first ingredient listed.



NEXT MONTH: INTERVAL TRAINING

Pronunciation Key of the Double Vowel System

(vowel)	Ojibwe	English
a	(a)gindaaso	(a)gain
aa	bab(aa)mose	y(a)wn
e	bin(e)shiinh	pl(ay)
i	maw(i)	(i)gloo
ii	goog(ii)	p(ea)
o	abwez(o)	(o)k
oo	b(oo)zh(oo)	b(oo)th
iinh	binesh(iinh)	f(ee)t + (nasal ending)

*There is another form of written Ojibwe called "phonetic spelling" that English speakers may understand more easily, however it is not always consistent with standard English.

Ojibwe Words and Phrases

GREETINGS

Boozhoo hello

aaniin (slang) What's up? How are you doing?

Giga waabamin see you later

miigwech thank you

Indizhinikaaz _____ . My name is _____ .

Aaniin ezhinikaazoyan? What's your name?

Aaniin ezhinikaazod a' aw? What is his name?

CLASSROOM COMMANDS

Biindigen come in

omaa bi-izhaan come over this way

ambe omaa come here

biidoon bring it (inanimate)

biizh bring it (animate)

namadabin sit

niibawi stand

bizaani-ayaan be quiet

bizindan listen carefully

bazigwiin one person stand up

bazigwiig everyone stand up

indebinan I am reaching up

indaanginan I am touching something with my hand

FOOD and TABLE

naboob soup

mishiimin apple

opin(ig) potato(es)

dodooshaaboo milk

bakwezhigan bread
 nibi water
 mandaamin corn
 ininimawishin daga please pass something to me
 ininimaw pass to someone
 Gibakade' ina? Are you hungry?
 Gi giishkaabaagwe' na? Are you thirsty?
 Yeh, bangii ningiishkaabaagwe. Yes. I'm a little thirsty.
 Wiisinidaa Let's eat!
 emikwaan ladle
 emikwaanens spoon
 mokomaan knife
 badaka'igan fork

SEASONS/ WEATHER

ziigwan spring
 niibin summer
 dagwaagin fall
 biboon winter
 agwajiing outside
 Aaniin ezhi-giizhigak agwajiing? What kind of a day is it outside?
 gizhide warm or hot inside
 Aabawaamagad. It is warm weather
 Awan Foggy
 Awanibiisaa It's misty. (and foggy)
 Gimiwan It's raining.
 (chi) noodin (big) windy
 goon snow
 goon inini snow man
 Zoogipo. It's snowing.
 Ningwaanakwad. It's cloudy.

Mino-giizhigad. It's a nice day

FEELINGS

Aaniin enamanji'oyan? How are you feeling?

nimino-ayaa	I'm fine
nindayekoz	I'm tired
nindaakoz	I'm sick
ninishkaadiz	I'm angry
geget	sure
gaawiin	no

ANIMALS

Awesiinh(yag)	animal(s)
animosh	dog
gaazhagens	cat
bebezhigooganzhii	horse
gookoosh	pig
bineshii	bird (small)
binesi	thunderbird
opichi(wag)	robin(s)
omakakii(g)	frog(s)
amik(wag)	beaver(s)
migizi(wag)	eagle(s)
ajidamoo(g)	squirrel(s)
waawaashkeshi(wag)	deer(pl.)
ma'iingan(ag)	wolf/wolves
waabooz(oog)	rabbit(s)
makawa(g)	bear(s)
makoons(ag)	bear cub(s)

FAMILY

Nijjii(wag) my fellow(s) *gender specific*

Nimaamaa	mother
Imbaabaa	father
Niijaanis(ag)	child(ren)
Niiji-aya'aag	my family
Nimise	older sister
Nishiime	younger sister/brother
nisayenh	older brother
Nokomis	grandmother
Mishoomis	grandfather

Counting through 20

1	bezhig	11	ashi-bezhig
2	niizh	12	ashi-niizh
3	niswi	13	ashi-niswi
4	niiwin	14	ashi-niiwin
5	naanan	15	ashi-naanan
6	ingodwaaswi	16	ashi-ingodwaaswi
7	niizhwaaswi	17	ashi-niizhwaaswi
8	ishwaaswi	18	ashi-ishwaaswi
9	zhaangaswi	19	ashi-zhaangaswi
10	midaaswi	20	niishtana

Manabozho and the Maple Trees

A very long time ago, when the world was new, Gitchee Manitou made things so that life was very easy for the people. There was plenty of game and the weather was always good and the maple trees were filled with thick sweet syrup. Whenever anyone wanted to get maple syrup from the trees, all they had to do was break off a twig and collect it as it dripped out.

One day, Manabozho went walking around. "I think I'll go see how my friend the Anishinabe are doing," he said. So, he went to a village of Indian people. But, there was no one around. So, Manbozho looked for the people. They were not fishing in the streams or the lake. They were not working in the fields hoeing their crops. They were not gathering berries. Finally, he found them. They were in the grove of maple trees near the village. They were just lying on their backs with their mouths open, letting maple syrup drip into their mouths.

"This will NOT do!" Manabozho said. "My people are all going to be fat and lazy if they keep on living this way."

So, Manabozho went down to the river. He took with him a big basket he had made of birch bark. With this basket, he brought back many buckets of water. He went to the top of the maple trees and poured water in, so that it thinned out the syrup. Now, thick maple syrup no longer dripped out of the broken twigs. Now what came out was thin and watery and just barely sweet to the taste.

"This is how it will be from now on," Manabozho said. "No longer will syrup drip from the maple trees. Now there will only be this watery sap. When people want to make maple syrup they will have to gather many buckets full of the sap in a birch bark basket like mine. They will have to gather wood and make fires so they can heat stones to drop into the baskets. They will have to boil the water with the heated stones for a long time to make even a little maple syrup. Then my people will no longer grow fat and lazy. Then they will appreciate this maple syrup Gitchee Manitou made available to them. Not only that, this sap will drip only from the trees at a certain time of the year. Then it will not keep people from hunting and fishing and gathering and hoeing in the fields. This is how it is going to be," Manabozho said.

And, that is how it is to this day.

**Marketing and Events
Manager
(Job Number 001089461)**

BAYFIELD CHAMBER OF
COMMERCE
42 S BROAD STREET
P.O. BOX 138
BAYFIELD, WI 54814

Work Site County/ies:	Bayfield
On Bus Route?	No
Pay:	\$30,000.00 Per Year Minimum, Negotiable
Duration/Hours Per Week:	Full-Time, 40 Hours Per Week Minimum
Shift/Work Days:	First Monday-Friday. Occasional evenings and weekends.
Number of Openings:	1

Education:	Bachelors Degree Desired 4 year college degree, most beneficial if in marketing, advertising, business areas.
Professional Licenses/Certifications:	No Licenses or Certifications Requested
Vehicle:	None
Drivers License:	
Type:	No Drivers License Requested
Endorsements:	No Endorsement Requested
Age:	No Age Requested
Experience/Qualifications:	Knowledge of website, Internet, social marketing tools. Excellent organizational skills including ability to manage special activities and events. Excellent verbal and written communication skills. Supervisory skills in working with others. Leadership skills,

Major Areas of Responsibilities:

Promotion & Marketing:

- Provide ongoing promotional material for local, state and national media.
- Provide promotional material on a regular basis for WI Dept of Tourism.
- Maintain a current list of media contacts.
- provide assistance to all travel writers and media representatives as needed.
- Write and produce email marketing postcards to visitor data base, member list and travel writers as

outlined in the Marketing Plan.

- Write and disburse press releases as outlined in Marketing Plan.
- Maintain and organize photos and files of Chamber materials.
- Service needs and requests for marketing materials by media and state tourism representatives.
- Maintain Hayfield press coverage including in media room on Website.
- Initiate and manage press interviews on Chamber news and activities.
- Coordinate all aspects of familiarization tours for writers coming to Hayfield.
- Manage agendas and minutes as needed for committees.
- Provide leadership to committees by providing ideas, timelines, budgets, carrying out actions, etc.
- Review and monitor website content on an ongoing basis including refreshed or new copy, applications, press releases, photos, graphics, etc.
- Work with the Executive Director in creation of the annual marketing plan.
- Manage and implement Chamber annual marketing plan on ongoing basis.
- Manage advertising purchases, creating and submitting advertising on a timely basis.
- Create and follow through on

Benefits:

Other Benefits:

\$4,000 toward FLEX account or incorporation in salary. 4 weeks personal time off plus holidays.

Company Profile:

The Bayfield Chamber of Commerce & Visitor Bureau serves approximately 385 members. Our mission statement is as follows: "To promote, support and expand community business activities which are compatible and consistent with the special image, traditions and culture of the community."

How to Apply:

Mail a Résumé

Bayfield Chamber and Visitor Bureau
PO Box 138
Bayfield, WI 54814

Additional Application Information Contact Information:

Bayfield Chamber and Visitor Bureau
Debi Smith
PO Box 138
Bayfield, WI 54814
Phone: (715) 779-3335
Fax: (715) 779-5080
Email: chamber@bayfield.org

**Personal Care Worker
(Job Number 001089359)**

WILLOW MANOR ASSISTED
LIVING
722 LAKESHORE DRIVE
IRON RIVER, WI 54847

Work Site County/ies: Bayfield
New Assisted Living facility opening in Iron River, WI on 5/1/2010
On Bus Route? No
Pay: Other
Varies based on qualifications and work schedule
Duration/Hours Per Week: Full-Time/Part-Time. 15 to 40 Hours Per Week
Shift/Work Days: As scheduled
As scheduled
Number of Openings: 3

Minimum Requirements of Employer:

Education: High School Diploma/GED Equivalent Desired
Professional Licenses/Certifications: No Licenses or Certifications Requested
Vehicle: None
Drivers License:
Type: No Drivers License Requested
Endorsements: No Endorsement Requested
Age: 18 or older Required
Experience/Qualifications: Experience or completion of personal care worker training

Background check required.

Duties and Responsibilities of the Job:

Provide personal care to patients in the facility to include:
Personal Hygiene
Light Housekeeping
Meal Prep
Activities, etc.

001089359

Leave and Holidays: Vacation, Paid Holidays

Assisted Living Facility

Assisted Living Facility

How to Apply

Mail a Résumé

Shirley Moran
c/o Ashland Job Center
P.O. Box 616
Ashland, WI 54806

E-Mail a Résumé

To apply for this job, send your résumé or smoran@nwcep.org to smoran@nwcep.org.

If you don't have a résumé, you can register and create one at www.jobcenterofwisconsin.com.

Fax a Résumé

715-682-3800

Additional Application Information

Must complete Jobfit Assessment

Contact 715-682-4889 for instructions

JOB POSTINGS

Big Water Café & Coffee Roasters is hiring for a Kitchen Manager. Fast paced café focused on great food, coffee, and customer service. Must have experience cooking, passion for food and excellent communication skills. Management experience preferred FT, Year-round, salaried in Bayfield. Visit www.bigwatercoffee.com/jobs

Big Water Café & Coffee Roasters

Café Manager

Fast paced cafe focused on great food, coffee, and customer service.

Excellent communication & people skills required

Management experience preferred

FT, Year-round, salaried in Bayfield

Visit www.bigwatercoffee.com/jobs

STAGENORTH is looking for a part time bartender. Stop in Tuesday- Saturday after 4PM to pick up an application at, 123 W. Omaha St., Washburn

Red Cliff Early Childhood Center: Looking for substitute, Early Childhood background/ kitchen experience preferred. Please call 715-799-5030 EXT 243 for more information.

**ISLE VISTA CASINO
JOB DESCRIPTION**

POSITION: EXPERIENCED MOTOR COACH DRIVER

RESPONSIBLE TO : General Manager

WAGE/SALARY: \$11.00 per hour

BENEFITS (Full-time employees only): Sick time and paid vacations.

EMPLOYMENT QUALIFICATIONS: Must be 21 years of age or older. Must have High School Diploma or G.E.D. within one year of employment. Shall not have been convicted of a felony in the last 10 years or any gaming related offense, fraud or other mis-representation of any kind or a violation of any rule promulgated by the Lottery Board or Red Cliff Tribal Ordinance governing gaming. Applicants should be advised that the Tribe reserves the right to disqualify applicants who's prior activities pose a threat to the public interest. Friendly, professional attitude required at all times. Must be willing to work weekends, nights and holidays. Neat, clean, appearance is a must. Red Cliff Tribal member preferred but all qualified applicants will be considered

JOB QUALIFICATIONS: Applicant for Motor Coach Driver must possess a valid Wisconsin CDL (Commercial Drivers License) Class B, C & D License including Air Brakes and Passenger endorsement. Individual must have a current Federal Medical Card and have a clean, safe driving record. Previous bus driving experience preferred. Individual will have MVR reviewed by Casino insurance company. Interstate travel will be required overnight travel may be required.

JOB DUTIES:

1. Operate Casino's 47 passenger busses.
2. Responsible for Cleanliness of vehicles, especially on overnight trips.
3. Prepare daily drive logs as required.
4. Complete daily pre/post trip vehicle inspections.
5. Assist in Casino Bus marketing efforts.
6. Other duties as assigned.

APPLICATION DEADLINE: Open until filled

The Red Cliff Tribal Council has a drug free work place policy and adheres to the intent of the drug free work place act. All new hires are subject to a drug test prior to starting.

Applications are available at the cashier's window and the personnel office of the casino.

Red Cliff Early Childhood Center
Policy Council Minutes
Monday, December 14th, 2009
10:00 am
Memengwaa Trailer

Policy Council Members Present: Barb Gadbois, Justin Newago, Candyce Holcomb, Auna Bresette, Edwina Buffalo-Reyes

Others Present: Nicole Gurnoe, HS Director; Nicole Boyd, FS Manager; Dee Gokee-Rindal, ECC Administrator; LaVonne Goslin, EHS Director; Marianne Szot, Education Manager; Lisa Bissell-Farrell, Finance Manager

Meeting Called to order by Barb at 10:06 am

Approval of November 16th, 2009 Minutes

Auna motioned to approve the minutes, Edwina seconded, all in favor, motion carried.

Budgets

Lisa gave a short training on how to read and understand budgets. PC decided that they would like to get EHS and HS budgets monthly and all the others (CCDF, Spirit Heart, LAUNCH, DOIE) quarterly; also that they like the format they have been receiving. Auna motioned to accept the budgets for November, Justin seconded, all in favor, motion carried.

FD/FY Head Start Update

Nicky presented PC with award letter. Stated that services will expand beginning February 1st for all Head Start classrooms to go 8am-2pm. Nicky told PC that a new bus will be delivered December 29th and a job posting for an additional bus driver has been posted with a deadline of Dec. 22nd

Disabilities Services Plan

Marianne presented PC with the current plan and discussed changes and additions. Justin motioned to approve the plan, Edwina seconded, all in favor, motion carried.

Update on Ojibwe Language Committee

Marianne presented PC with information regarding the current committee. It exists of parents, staff and community members, including elders, who all speak Ojibwemowen strongly. They are working on setting language goals, defining a core vocabulary, developing a plan for collaborating with cultural consultants, and increasing the use of the Ojibwe language in the Center. Two meetings have been completed, one more today, and the group is meeting monthly. They have received input from all teachers on current words and phrases they are using in the classroom and are compiling these to create a core vocabulary. One of the goals the PC hopes is that the outcomes will be passed on to the Bayfield School. It was shared with PC that the Bayfield School will be applying for a DPI grant to obtain a Native Language Instructor for grades 1-3. Another hope of the PC is that parents are included on what the children are being taught/addressed and speaking it in the home, at school and outside of school. Parents emphasized the importance of staff addressing children and families outside of school in Ojibwe

also. The parents would also like to see a list of vocabulary that the classrooms will be focusing on monthly in the ECC newsletter.

Information Only/Distribute

Nicole distributed EHS and HS Program Information Report (PIR) to PC members. Dee gave a little insight as to the information it included.

Nicole distributed the ECC quarterly reports (July-September, 2009). Dee gave a little insight as to the information they include.

Program Governance Reminder/Questions

A flyer was included in the PC Packet and distributed again at meeting letting the PC know about the rescheduled date for the Program Governance training taking place at the Bayfield Inn on Wednesday, December 16th from 12:30-3:30pm with lunch.

Other

Sue Pillinger was available for questions. A parent raised a question as to who sets the 99 degree fever policy. Sue explained that ALL teachers will be using the digital thermometers in the armpit and if it is 100 degrees or higher the child can be sent home. (The info was gathered from a nurse at the Red Cliff Clinic.) She explained that other symptoms should also be looked for; some children are warmer than other by nature and it is not often the only symptom the child has. The parents expressed that they want the teachers to give the child some time and their temp and symptoms be checked again. Sue explained other protocol per ECC policies.

A question was asked about coughing children. Sue explained the protocol for this per ECC policies.

A question was raised about runny noses. Sue explained the protocol for this per ECC policies.

Discussion was held about the diarrhea policy. Parents would like all teachers to be across the board and understand that they cannot all have different understandings and rules about diarrhea. The policy states that child must be diarrhea free for 24 hours before they can return to school. Parents looked at both the negatives and the positives of the situation and felt it was important that the ECC stick to the policy.

Sue shared with PC that she can confirm any questionable cases/issues with the Clinic physicians quickly and they are available for questions

It was discussed the importance of Policies and Procedures, Health Plan, Environmental Health and Safety Plan and Calendar to all have the same and correct information.

Sue shared with PC that the teachers are difficult about Fire Drills and she explained that they cannot be convenient for the teachers or children and the importance of them.

Nicky shared with PC that Marvin Defoe has asked to bring a Santa to the ECC on Tuesday or Wednesday this week. Parents thought it was a good idea. Santa will visit the classrooms on Tuesday starting at 10am.

Executive Session

Auna made a motion to move into executive session at 11:55am. seconded by Justin, all in favor, motion carried.

Auna made a motion at 12:04pm to return to regular session, Justin seconded, all in favor, motion carried.

Auna made a motion to go with the recommendation of the selection committee for the Head Start teacher position lateral transfer, Justin seconded, all in favor, motion carried.

Policy Council set next meeting date for Monday, January 11th at 9am.

Justin motioned to adjourn the meeting at 12:06pm, Candyce seconded, all in favor, meeting adjourned.

Red Cliff Early Childhood Center
Policy Council Minutes
Monday, January 11th, 2010
9:00am
Memengwaa Trailer

Policy Council Members Present: Barb Gadbois, Justin Newago, Auna Bresette, Jennifer Bresette, Jennifer Boulley, Marvin Defoe

Other Present: Dee Gokee-Rindal, ECC Administrator; LaVonne Goslin, EHS Director; Nicky Gurnoe, HS Director; Sue Pillinger, Health Manager; Nicole Boyd, Family Services Manager

Barb called meeting to order at 9:04am

Approval of Minutes: December 14th, 2009

Jennifer Boulley motioned to approve the minutes, Auna seconded, all in favor, motion carried.

December EHS and HS Budgets

Dee discussed a possible upcoming budget modification around January 25th. Auna motioned to approve the December budgets, Jennifer Bresette seconded, all in favor, motion carried.

DOIE Teacher Position

Nicole discussed the position on behalf of Dawn. A request was made to complete a poll vote on February 19th due to the short timeframe. Policy Council approved the request and a poll vote will be completed February 19th in the afternoon by Nicole.

LAUNCH Update

Dawn has asked that this be tabled until the next meeting. The PC agreed and they also stated that they would like to have some information in writing prior to the meeting to review. Nicole will notify Dawn of this request.

Environmental Health and Safety Plan

Sue discussed some of the changes/updates. Discussion was held regarding the exclusion policy, shaken baby syndrome, nurse, isolation, referrals to Clinic by teachers. PC would like to have a Health Care Professional, possibly Dr. Heitsch, available at the next meeting for questions. Sue will invite her and check availability of others. Jennifer Boulley motioned to table this plan until February meeting, Justin seconded, all in favor, motion carried.

ECC Grant Timeline/Update

Dee discussed the upcoming important events and dates regarding the submission of the HS and EHS renewal grant. A timetable was distributed and PC will consider this when scheduling the February meeting.

ECC Self-Assessment Update

LaVonne shared some of the findings with the PC. She will have a paper copy of the findings and action plans for the February meeting.

Head Start Play Space Update

Nicole showed the PC the drawing plan for the Head Start outdoor play space that was competed with Gerry Slater, a play space architect, and ECC staff. She discussed some of the volunteer work that ECC will be looking for in the near future and what the remainder of the grant was spent on.

Other

Nicole distributed the February, 2010 ECC menu. Auna motioned to approve, Justin seconded, all in favor, motion carried.

Barb shared with the PC that she feels it is important to extend an invitation to the Jr. Tribal Council to attend a PC meeting. Jennifer Boulley will address this with the JTC and their availability.

PC set next meeting date for Monday, February 8th, 2010 at 9:0am

Auna motioned to adjourn, Justin seconded, all in favor, motion carried.

Meeting adjourned at 10:47am

MARCH 2010

Onaabani Giizis

MON	TUE	WED	THU	FRI
1B PANCAKES, M BERRIES L BBQ'S, FRIES, SLAW. PINEAPPLE, GR BEANS S FRUIT BAR/MILK	2B RICE CHEX, ORANGES, ENG MUFFIN L CHIX RICE SOUP, EGG SALAD, PEARS, CC S PITA HAM/CHEZ/MILK	3B CORNFLAKES, BANANA, TOAST, PBJ L HAM, POT., CORN, APPLSAUCE, SALAD, ROLL S PB/CRACKERS	4B OATMEAL, CANTALOUPE L SALMON PATTY, CARROTS, M BERRIES, YOGURT S EASY APPLE CRISP/M	
8B HB OATS, STRAWBERRIES, YOGURT L TOMATO SOUP, CC, PEAS, PINEAPPLE, CHEZ SAND S PRETZELS/JUICE	9B WAFFLE, PEACHES L CHIX ALFREDO, CORN, SALAD, GR BREAD, HONEYDEW S CHEESY PUMPKIN/MILK	10B CORN CHEX, MUFFIN, ORNAGES L BURRITO BK. MANGO, PEAS, CC S JELL-O/TRISCUITS	11B OATMEAL, BERRIES L PIZZA BRG, CC, PEACHES, FRIES, CORN, SALAD S COOKIE/MILK	
15B HB OATS, MANGO, YOGURT L HAMB GRAVY, M POT, PEAS, FRUIT SALAD S JELL-O/ WW CRACKER	16B FRENCH TOAST, M BERRIES L CHIX STRIP, MAC/CHEESE, PEARS, SALAD S PUDDING/RITZ	17B WHEATIES, BANANA, MUFFIN L BEEF STROGANOFF, SLAW, TROP FRUIT, GR BEANS S VEGGIE TACO/JUICE	18B CHEERIOS, APPLES, TOAST L CORN CHOWDER, PBJ, PEACHES, SALAD S TEDDY GR/MILK	
22B MALTO MEAL, PEAR L HAMB MAC SOUP, CORN, STRAWBERRIES, PBJ, YOGURT, SALAD S MINI PIZZA/JUICE	23B RICE CHEX, ENG MUFFIN, TROP FRUIT L SWT/SOUR CHIX, RICE, MANGO, CC S EGG SALAD/WW	24B HB OATS, APPLE SAUCE, MUFFIN L KEILBASA /KRAUT, POT, PEAS, BERRIES S SNAIL SNACK/MILK	25B CHEERIOS, TOAST, ORANGES, PB L TUNA PATTY, CARROTS, BANANA PUDDING S CHEX MIX, JUICE	

29

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Spring Break:

Back Tuesday, April 6th